

# INCARCERATION AND BEYOND

## Family Support Resources

Handout:

### WHERE CAN I GO?

Some problems and needs of families are listed in the upper column. Match the problems and needs with the places listed in the lower column where people can go for help. Names of agencies may be used more than once.

#### Problems and needs of Families

1. Care of small children
2. Family recreation
3. Adult counseling
4. Family health services
5. Prenatal care
6. Activities for youth
7. Decent place to live
8. Job training for young people
9. Trouble with the law
10. General Welfare
11. Contraceptives

Names of Agencies:

Scouts  
Health Department  
Community Center  
Youth Commission  
Day Care Center  
YWCA or YMCA  
Planned Parenthood Association  
Legal Aid  
Mental Health Clinics  
Public Library

Fair Housing Organization  
County Welfare Department  
Metropolitan Housing Authority  
Public School  
Urban League  
Home for the Aged  
Abortion Clinic  
Neighborhood Youth Corps  
Churches  
Salvation Army

# INCARCERATION AND BEYOND

## Family Support Resources

### Handout: Information Resources

1. Get information by calling the telephone company (411) or through the telephone book - the first pages of the phone book lists many resources, mostly government.
2. Libraries - have free meeting rooms and they will tell you about group meetings (self-help groups often use libraries).
3. Churches - they often provide day care or counseling.
4. School Districts - often have adult classes, counselors. (some have self-help groups).
5. Often health agencies are a great source of information on everything from getting food and clothing to personal problems and they have lots of places to send you for more help.
6. Legal Aid offers low or no cost assistance in legal matters.
7. Hospitals - they are reaching out into the community to be of assistance in areas other than illness; they often offer hotlines, classes, and information services.
8. Hotlines - many communities have hotline numbers (some may be local or toll free 800 numbers) they often help with many issues including rape, child abuse, drug addiction, alcoholism, health issues (pregnancy, AIDS, housing, etc.)
9. Alcoholics Anonymous, Narcotic Anonymous - both nationwide organizations have local numbers and offer free meetings for persons with these problems or for help in living with people who are addicted.
10. Information Line - some communities have information lines that offer referral information 24 hours a day giving referrals for everything from family problems, counseling, consumerism, nutrition, financial aid, transportation, recreation, rehabilitation to child care, housing, youth and elderly and handicapped information. In Los Angeles call (213) 686-0950.

# INCARCERATION AND BEYOND

## Family Support Resources

### Handout: THINGS TO REMEMBER

1. On the phone or in person:
  - a. Clearly state your name and what you need.
  - b. Have 2 or 3 clear questions ready to ask.
2. Ask the name of the person you are talking to (if necessary, write it down). Be polite. Know what you want. If not satisfied, ask for a referral.
3. The person with the best questions gets the best answers. If YOU don't know what you want or need, then no one else knows.

You don't need to LIKE the other person and they don't need to LIKE you!!  
You want help or to understand the situation better. Personalities don't count here!

3. LISTEN.
4. Be prepared, take a pencil and paper with you (or have it by the phone) before you call or go see someone. Write things down, so you can think about it later.

If you don't get the answer you expected, think of a new way to ask the question. You are your best resource.